

Asian Carrot Avocado Salad

4 cups grated carrots
1/2 cup fresh cilantro
1/2 cup fresh parsley

Toss the above to thoroughly mix. Make the Asian dressing:

Asian Dressing:

2 Tablespoons flax seed oil or extra virgin olive oil
Juice of 2 limes
1 1/2 Tablespoons of Nama Shoyu or soy sauce
1-2 nubs of ginger
1 Tablespoon coriander



Blend in the blender. Pour over the carrot mixture. Add 1 diced avocado and 1-2 Tablespoons of sesame seeds. Mix and enjoy!

Recipe by Julie Morris of juliemorris.net